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DEPARTMENT OF PUBLIC HEALTH NURSING

The report of the U. S. Public Health Service for January 28, 1921, contains an address on Modern Medicine and the Public Health by William T. Sedgwick, delivered at the centennial celebration of the Medical College of the University of Cincinnati. After a brief summing up of the changes in medical education within the last century, with the result that now "our best medical schools are temples of medical science and training schools of medical engineering," Professor Sedgwick goes on to say:

There is, however, one vast and important field of modern medicine thus far sadly neglected by all medical schools, even by the very best, and that is the field of the public health. We have outgrown the ancient point of view which held that "they that are whole need not a physician, but they that are sick," for we believe that the maintenance of the public health (i. e., the health of the people), is no less important, and often easier, than is the cure of their diseases * * * The fact is that hygiene and the public health, and even preventive medicine, have thus far had scanty recognition in our medical schools.

After a short presentation of the extraordinary development of preventive sanitation, he continues:

The medical school which fails to-day to provide also liberal instruction in preventive medicine, in vital statistics, in sanitary science, in public health laboratory methods, in epidemiology; in preventive sanitation, such as the sanitation of water supplies and other branches of municipal sanitation; in preventive hygiene, such as mental, social, personal and dental hygiene; and in public health education and public health administration—that medical school is sending out its graduates unprepared for some of the most serious problems they will have to face in the immediate future. * * * Obviously, all these subjects cannot be injected into a curriculum already overcrowded. The only way out is to recognize the situation and to meet it squarely by erecting a separate superstructure for public health training upon the same foundation which already underlies medical training.

If in the future you shall make it possible to add to the excellent medical education which you now give, education in the public health, i. e., in the health of the people, in preventive medicine, in preventive sanitation, and in preventive hygiene, opportunity for which is nowhere so great as in a municipal university, because of the close association which such a university enjoys with departments of public health and public water, public sewers, and public schools, public buildings, public streets, public baths, and public gymnasia—all of which stand available for educational coöperation and research—you will not only deserve and win the applause of a grateful community, but you will blaze the way for a reform imperatively needed in other medical colleges. Modern medicine must provide a training for the practice of the public health, no less rigorous than that for the practice of medicine; for the public health is the health of the people, and, as the Latin phrase puts it, *Salus populi suprema lex*.

A BABY CLINIC IN THE TOWN HALL

BY BERTHA LIPPS

Red Cross Public Health Nurse, Washington County, Salem, Indiana

Summer months were coming, and with them the frequent calls from mothers for help in keeping their well babies well, or for advice about the feeding or clothing of the baby. Also, the doctors were asking that young and inexperienced mothers be given some help along the lines of care for their babies. So it was decided that a Baby Clinic must be held.

Our Red Cross office rooms are up a steep flight of stairs, and the only available place centrally located on the ground floor, was the firemen's room in the Town Hall, used once each month for a meeting. To get permission to use this place one afternoon each week, it was necessary to have the consent of the four town board members. Only one was undecided, but he, on the next day, stopped me to say that, after a full understanding, he was delighted, because he thought that young mothers took their children to the doctors too much, anyway, and maybe a little education along those lines would help.

Saturday had to be the day, as Washington County is truly rural, and on that day the folks all come to town.

The room was furnished with one long table, a dozen folding chairs, and a very dirty linoleum, so from active Red Cross members, two small tables, one kitchen table, four rocking chairs, and a bed screen were borrowed for the season. The Junior Red Cross gave a pair of bathroom scales, two white granite basins, a pitcher, and a dressing jar.

The chairs were arranged comfortably, and a small table with a bouquet and a number of fans was placed in the center of the room. At one end, partially separated by the screen, was the long table with the scales, measuring rod, and a blotter pad. The other small table held the basin and pitcher. On the kitchen table was literature for distribution.

Posters on all subjects of vital interest to fathers and mothers of children adorned the wall and, incidentally, covered the murky paper. These were made attractive to the eye by using, from the backs of the magazines, colored pictures suitable to the title. For instance, from a popular weekly, that of a little tot who stood in a church pew singing from a hymnal, was used for "Moral and Religious Training." A gaily colored picture of a little golden-haired girl, swinging high from a swing on the limb of a bright green tree, called attention to "Recreation and Exercise." Well dressed children from clothing catalogues bordered the "Clothing" poster. A school child painted these. The old stork with a babe flew high over "Birth

Registration." There were about a dozen. These were read by the mothers, to say naught of the firemen, who now enjoyed all the home comforts our furnishings added to their meeting place.

A sorority had a member present at each clinic to help make the mothers happy and to do clerical work.

Each baby and child of pre-school age was weighed, measured, and the comparison to normal noted. Advice and instruction were given and all of the mother's questions answered. If there was any defect, the mother was referred, as in our school work, to a physician, all having offered their help and coöperation. The records were made on cards nearly similar to those used in Child Welfare Special, and each mother was given those publications most suited to her need, of the Indiana State Board of Health, and of the Children's Bureau.

The splendid results were far reaching. I could cite you a number of cases, each a story of its own. One artificially-fed, under-nourished baby from a poor home, who was sent to us with his mother, by the physician, gained each week and took food almost in normal proportions for its age. Its mother needed only help and instruction; this baby was saved. Another baby from one of our best families made no gain and the mother was losing. This was a nursing babe. Regulating the mother's diet showed a weekly gain for both of them, and I know that it helped. Without that, the mother might have put the baby on bottle feeding, and with, perhaps, what result?

In the Washington County Red Cross Baby Clinic, for the ten summer weeks, there were forty-one babies enrolled with an average attendance of ten. I hope some day to have clinics all year round, but with the bad weather, the heavy nursing work, and school work, it cannot be done this year.

A fitting climax was offered in the opening of a rest room for mothers and babies at our County Fair. In a twenty by thirty tent, fitted with borrowed cots, cribs, and rocking chairs and with a cooler of ice water, it was estimated that comfort was furnished to, at least, 600 babies in the three days, besides the splendid opportunity it afforded us to give advice and instruction to the mothers.

COMMUNITY NURSING BY THE MILWAUKEE, WISCONSIN,
HEALTH DEPARTMENT

BY AGNES J. MARTIN, R.N.

The staff consists of sixty field nurses, three supervising field nurses, and a superintendent. All of the nurses assist in the following activities: Child Hygiene, including Infant Welfare as well as School Hygiene; General Social Service, Clinic Service, and Tuberculosis Work. Five nurses are assigned to contagious duty. The